

# Breaded Salmon Fish Fingers

**Allergens - Fish** (Gluten free coating)

## Ingredients

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Quantity	Ingredient
1800g	Breaded Salmon <b>Fish Fingers</b>



## Method

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1. Bake according to Manufacturer instructions.

### Nutritional Content per 90g portion of Fish Fingers

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 219	= 7.9	= 0.7	= 0.42	= 0.6	= 19.8

**Portion size - Primary – 3 per portion = 90g portion**